

General

Title

Wellness and health promotion: percentage of individuals 18 years of age and older who were obese (BMI ≥ 30), with at least one interactive contact specific to weight loss, who either reduced their BMI or maintained their BMI.

Source(s)

National Committee for Quality Assurance (NCQA). Technical specifications for wellness & health promotion. Washington (DC): National Committee for Quality Assurance (NCQA); 2013. 48 p.

Measure Domain

Primary Measure Domain

Population Health Quality Measures: Population Outcome

Secondary Measure Domain

Does not apply to this measure

Brief Abstract

Description

This measure is used to assess the percentage of individuals 18 years of age and older who were obese (body mass index [BMI] greater than or equal to 30), with at least one interactive contact specific to weight loss, who either reduced their BMI or maintained their BMI.

Rationale

This measure offers a standardized definition of risk reduction for individuals who participate in health promotion programs. Specifically, this measure focuses on body mass index (BMI) reduction or maintenance.

Several kinds of worksite programs and community interventions can impact BMI. There is strong evidence demonstrating that worksite programs that are intended to improve diet and/or physical activity behaviors reduce weight among employees (The Guide to Community Preventive Services, 2007). There is also

sufficient evidence that technology-supported multicomponent coaching or counseling interventions intended to reduce or maintain weight effectively improve weight-related behaviors or weight-related outcomes (The Guide to Community Preventive Services, 2009).

Evidence for Rationale

The Guide to Community Preventive Services. Obesity prevention and control: technology-supported multicomponent coaching or counseling interventions to reduce weight and maintain weight loss. [internet]. Atlanta (GA): The Community Guide; 2009 Jun [accessed 2016 Feb 05].

The Guide to Community Preventive Services. Obesity prevention and control: worksite programs. [internet]. Atlanta (GA): The Community Guide; 2007 Feb [accessed 2016 Feb 05].

Primary Health Components

Obesity; body mass index (BMI); weight loss

Denominator Description

Individuals 18 years of age and older during the program period who were obese either during the program period or the prior program period and had at least one interactive contact specific to weight loss occurring any time during the program period (see the related "Denominator Inclusions/Exclusions" field)

Numerator Description

Individuals whose last (most recent) body mass index (BMI) measurement calculated during the Risk Change Measurement Period was reduced or maintained (see the related "Numerator Inclusions/Exclusions" field)

Evidence Supporting the Measure

Type of Evidence Supporting the Criterion of Quality for the Measure

A formal consensus procedure, involving experts in relevant clinical, methodological, public health and organizational sciences

A systematic review of the clinical research literature (e.g., Cochrane Review)

Additional Information Supporting Need for the Measure

Unspecified

Extent of Measure Testing

All of the National Committee for Quality Assurance's Wellness and Health Promotion measures undergo systematic assessment of face validity with review by measurement advisory panels, expert panels, a formal public comment process and approval by the NCQA's Committee on Performance Measurement and Board of Directors.

Evidence for Extent of Measure Testing

Williams-Bader J. (Director, Performance Measurement, National Committee for Quality Assurance, Washington, DC). Personal communication. 2016 Jul 6. 1 p.

State of Use of the Measure

State of Use

Current routine use

Current Use

not defined yet

Application of the Measure in its Current Use

Measurement Setting

Other

Professionals Involved in Delivery of Health Services

not defined yet

Least Aggregated Level of Services Delivery Addressed

Single Health Care Delivery or Public Health Organizations

Statement of Acceptable Minimum Sample Size

Specified

Target Population Age

Age greater than or equal to 18 years

Target Population Gender

Either male or female

National Framework for Public Health Quality

Public Health Aims for Quality

National Strategy for Quality Improvement in Health Care

National Quality Strategy Aim

Healthy People/Healthy Communities

National Quality Strategy Priority

Health and Well-being of Communities

Person- and Family-centered Care

Prevention and Treatment of Leading Causes of Mortality

Institute of Medicine (IOM) National Health Care Quality Report Categories

IOM Care Need

Getting Better

Staying Healthy

IOM Domain

Effectiveness

Patient-centeredness

Data Collection for the Measure

Case Finding Period

The program period and the prior program period

Program Period: The period when the Wellness and Health Promotion (WHP) program is administered for an employer or plan sponsor, usually a 12-month span from the beginning of the contract period to the end of the contract period. The program must end in the calendar year prior to the reporting year.

Denominator Sampling Frame

Organizationally defined (non-health care organizations)

Denominator (Index) Event or Characteristic

Clinical Condition

Encounter

Patient/Individual (Consumer) Characteristic

Denominator Time Window

not defined yet

Denominator Inclusions/Exclusions

Inclusions

Individuals 18 years of age and older during the program period who were obese (body mass index [BMI] greater than or equal to 30) either during the program period or the prior program period and had at least one interactive contact specific to weight loss occurring any time during the program period. Identification of risk may occur during the program period or the prior program period.

Note:

Continuous Eligibility: The program period and the prior program period.

This measure does not require completion of a health appraisal (HA). The BMI may come from a source other than the HA. Inclusion is based on the Index Start Date (ISD)* specific to a weight-loss program.

*ISD: The earliest date in the program period or the prior program period when a risk-specific interactive contact occurs.

Exclusions

Unspecified

Exclusions/Exceptions

not defined yet

Numerator Inclusions/Exclusions

Inclusions

Individuals whose last (most recent) body mass index (BMI) measurement calculated during the Risk Change Measurement Period* was reduced or maintained

An individual's change of risk status may occur during the program period or the prior program period.

**Risk Change Measurement Period:* The period beginning 180 days after the Index Start Date (ISD) and ending on the last day of the program period.

Exclusions

Unspecified

Numerator Search Strategy

Fixed time period or point in time

Data Source

Patient/Individual survey

Other

Type of Health State

Individually Reported Health State

Instruments Used and/or Associated with the Measure

Unspecified

Computation of the Measure

Measure Specifies Disaggregation

Measure is disaggregated into categories based on different definitions of the denominator and/or numerator

Basis for Disaggregation

This measure is disaggregated based on different definitions of the denominator and numerator.

Denominator. The eligible population reported by obesity category:

- Obesity I (body mass index [BMI] 30 to 34)

- Obesity II (BMI 35 to 39)

- Extreme obesity (BMI greater than or equal to 40)

- Total (BMI greater than or equal to 30)

Numerator. Report two mutually exclusive rates:

- The number of individuals who reduced their BMI by a whole point, *and*

- The number of individuals who maintained their BMI (no change)

Scoring

Rate/Proportion

Interpretation of Score

Desired value is a higher score

Allowance for Patient or Population Factors

not defined yet

Standard of Comparison

not defined yet

Identifying Information

Original Title

Risk reduction - BMI reduction and maintenance (RRB).

Measure Collection Name

Wellness and Health Promotion Performance Measures

Measure Set Name

Measuring Program Outcomes

Submitter

National Committee for Quality Assurance - Health Care Accreditation Organization

Developer

National Committee for Quality Assurance - Health Care Accreditation Organization

Funding Source(s)

Unspecified

Composition of the Group that Developed the Measure

National Committee for Quality Assurance's (NCQA's) Measurement Advisory Panels (MAPs) are composed of clinical and research experts with an understanding of quality performance measurement in the particular clinical content areas.

Financial Disclosures/Other Potential Conflicts of Interest

In order to fulfill National Committee for Quality Assurance's (NCQA's) mission and vision of improving health care quality through measurement, transparency and accountability, all participants in NCQA's expert panels are required to disclose potential conflicts of interest prior to their participation. The goal of this Conflict Policy is to ensure that decisions which impact development of NCQA's products and services are made as objectively as possible, without improper bias or influence.

Adaptation

This measure was not adapted from another source.

Date of Most Current Version in NQMC

2014 Jan

Measure Maintenance

Unspecified

Date of Next Anticipated Revision

Unspecified

Measure Status

This is the current release of the measure.

Measure Availability

Source available for purchase from the [National Committee for Quality Assurance \(NCQA\) Web site](#)

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For more information, contact NCQA at 1100 13th Street, NW, Suite 1000, Washington, DC 20005; Phone: 202-955-3500; Fax: 202-955-3599; Web site: www.ncqa.org .

NQMC Status

This NQMC summary was completed by ECRI Institute on June 3, 2016. The information was verified by the measure developer on July 8, 2016.

Copyright Statement

This NQMC summary is based on the original measure, which is subject to the measure developer's copyright restrictions.

For detailed specifications regarding the measures, refer to the *Technical Specifications for Wellness & Health Promotion*, available for purchase from the [National Committee for Quality Assurance \(NCQA\) Web site](#) .

Production

Source(s)

National Committee for Quality Assurance (NCQA). Technical specifications for wellness & health promotion. Washington (DC): National Committee for Quality Assurance (NCQA); 2013. 48 p.

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